

*County of Moore*  
*Department of Health*  
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**Protect Yourself Against Ticks and Mosquitoes**

As the weather gets warm, health department officials are encouraging local residents to protect themselves against tick- and mosquito-borne diseases such as Lyme disease, Rocky Mountain spotted fever and West Nile virus.

“Recent rains and warm temperatures leave a friendly breeding environment for mosquitoes and ticks,” said Robert Wittmann, Moore County Health Director. “Residents need to know that they can make their yards less friendly for disease-carrying insects and ticks as well as know what they can do to prevent being bitten.”

This May, the Moore County Health Department is joining the state’s divisions of Public Health and Environmental Health in promoting simple measures people can take to protect themselves and their families.

The Health Department offers the following tips for making homes and yards less mosquito- and tick-friendly:

- Keep grass short;
- Pour out standing water, and remove containers that can hold water;
- Keep gutters clean and in good repair;
- Reduce the amount of leaf litter under trees to decrease humidity and reduce breeding sites;
- Repair leaky outdoor faucets and change the water in bird baths and pet bowls at least twice a week;
- Talk to your veterinarian about treatments for your pets.

Exposure to mosquitoes and ticks can be limited by wearing long-sleeved shirts, long pants and socks. People should also check themselves and their families for ticks after being outdoors.

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*“To Protect and Promote Health through Prevention and Control of Disease and Injury.”*  
<http://www.moorecountync.gov/health/>

Environmental Health  
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The Centers for Disease Control and Prevention also recommends several repellents against mosquitoes and ticks – DEET, picaridin and oil of lemon eucalyptus. These repellents should be applied to exposed skin, not to skin that will be covered by clothing.

“It’s always important to read and follow all label directions. If you are concerned about using repellent products on children you may wish to consult your health care provider for advice or contact the National Pesticide Information Center (NPIC) through their toll-free number, 1-800-858-7378 or [npic.orst.edu](http://npic.orst.edu),” Mr. Wittmann said.

Repellents containing permethrin may be applied to clothing, not skin. These repellents provide excellent protection against ticks. Consumers should look for products that contain the CDC-recommended ingredients, and should read and follow all label instructions.

For additional information about preventing mosquito and tick bites, visit the health department website at [www.moorecountync.gov/health](http://www.moorecountync.gov/health).

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